



# focus

morale, well are & recreation

## Fuji Yoshida FIRE FESTIVAL

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keep your car  
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The **BIGGEST** event of the year is finally **HERE!**

# 30th Yokosuka Friendship Day Saturday, August 05 Open Base



Friendship Day is a great opportunity to enhance our relationship with our host nation and local communities by showing our appreciation for their support. Join us for a day of fun and fellowship with our host nation guests.

## 0930

Womble Gate opens to visitors

## 1000 to 1500

Ship Tours on Berth 12

(USS Chancellorsville and USS Blue Ridge)

## 1000 to 1900

6th Annual Car Show

## 1930 to 2010

Fireworks Display

## 1900

Womble Gate closes for inbound visitors

## 2100

Womble Gate closes for all visitors

- Live Entertainment
- Game Booths
- Food Booths
- Air Toys (Fua Fua)
- Friendship Sporting Events (Berkey Field)
- Kids' Tattoos

## Rain Plan:

Sunday, August 06 – Fireworks only at 2000.

Visit our website at [www.cfay.navy.mil/mwr](http://www.cfay.navy.mil/mwr)



## 第30回 日米横須賀 フレンドシップデー

日時: 8月5日(土) 午前9時30分より

場所: 横須賀米海軍基地内

雨天日: 8月6日(日)

午後8時より花火打ち上げのみ

スケジュール:

午前9時30分

ウォンブルゲート開門(一般開放)

午前10時から午後3時まで

艦船見学(於: パース12、

USSチャンセラーズビル、USSブルーリッジ)

午前10時より午後7時まで

第6回カーショー

午後7時30分より午後8時10分

花火打ち上げ

午後7時

ウォンブルゲート一般入門終了

午後9時

ウォンブルゲート閉門(全ビジター退場)

年に一度、地元住民の方々と親睦をはかる機会がやって来ました。基地の方との親交を深め楽しい一日を過ごしてみませんか。他にも、ライブ演奏、屋台、ゲーム、ふあふあ、フェイスペイント等たくさんの催し物をご用意しております。



## Directory

**MWR Director** John Kinnamon 243-7250

### Support Services

Administrative Officer Trisha Bernhard 243-7250  
Training Manager Melinda Steele 241-4622  
Personnel Manager Tess Arellano 243-1246  
Financial Manager Dave Law 243-5886  
Facilities Maintenance Manager Harold Grant 243-5729  
Marketing Director Ron Carson 243-5414  
Safety Manager James Evans 243-4079  
Central Warehouse Manager Max Goodlow 243-5047

### Child Development Programs

CDP Administrator Kathryn Hardebeck 243-4475  
Assistant CDP Administrator Laura Calara 243-4470  
Child Development Homes Director Vacant 243-5478  
CDC Hourly Care Director Violeta Dela Rosa 241-4101  
Ikego CDC Director Laura Calara 246-8060  
Negishi CDC Director Sue Proctor 242-4316

### Community Activities

Community Activities Director Mark Richards 241-2209  
Community Center / Hobby Mart Manager Tracy Willis 241-4111  
Ikego Community Activities Manager Anita Ray 246-8071  
Negishi Community Center Manager Tommie Daniels 242-4120  
SAC Program Coordinator Chris Kasperek 241-2948  
Yokosuka SAC Program Manager Luz Medina 243-5492  
Ikego Youth/SAC Program Manager Reggie Riddick 246-8301  
Negishi Youth/SAC Program Manager Natasha Smith 242-4134  
Yokosuka Teen Center Manager Joe Billa 243-5542  
Ikego Teen Center Manager Michael Thomas 246-5929  
Negishi Teen Center Manager Vacant 242-4121  
Auto Hobby Shop Manager Ken Morgan 243-5456  
Wood Hobby Shop Manager Ken Morgan 243-9064  
Bowling Center Manager Ken Rogers 243-4200  
Youth Sports Manager Isaiah Mincks 241-2950  
Youth Development Specialist Jennifer Kremer 241-4904  
Teen/Open Recreation Coordinator Geoff Rhinehart 241-4100  
Librarian Vacant 243-5574  
Veterinary Services Vacant 243-8862

### Club Operations

Club Operations Director Charles Kreisman 243-7316  
Officers' Club Manager Ben Ruelas 243-5030  
Catering Manager Yasunori Suzuki 243-5788  
CPO Club Manager Ken Johnson 243-5506  
Club Alliance Manager Godfrey Johnson 243-5951  
Seaside All Hands' Club Manager Jeff Polangin 243-5625  
Ikego Club Takemiyu Manager Ken Carrington 246-8075  
Negishi All Hands' Club Manager Fred Garcia 242-4151  
MWR Food Court Manager Lota Balancio 243-3245

### Athletics

Athletics Director Kyle Rhodus 241-2941  
Sports Director Jessie Ecklund 241-2955  
Aquatics Director Carol Poole 243-2052  
Aquatics Hotline/Program Information 243-5229  
Fitness Director Glenn Preston 241-4486  
Fitness Programs Coordinator Debbie Deutsch 241-4486  
Wellness Programs Coordinator Eugene McClelland 241-4486  
Intramural Sports Coordinator Josh Davis 241-2955  
Negishi Fitness Coordinator Ken Cardwell 242-4124  
Athletics Facilities Manager George Williams 241-2945  
Athletic Maintenance Supervisor Scott Langworthy 243-2051  
New Fitness Center/Reservations Sharon Mathena 243-5398  
Fleet Gym/Reservations Jeff Baldwin 243-5304

### Recreation

Recreation Director Paul Lopez 241-4431  
Entertainment Director Earl Murray 243-5215  
Theaters Manager Gregg Hooper 243-5406  
ITT Manager Ruriko Peters 243-5613  
International Programs Manager John Saito 243-7952  
Single Sailor Program Manager Jason Symak 243-7284  
Single Sailor Support Coordinator Mike Crockett 243-7346  
Outdoor Recreation Manager Steven Marksberry 241-3709  
Outdoor Special Event Support Tony Bailey 243-5732  
Outdoor Rental Center Tyrone Bailey 243-5732  
Outdoor Sailing Center Dennis Lindemann 241-2067  
Fleet Recreation Coordinator Craig Stevens 243-7284  
Campground Ron Ketron 246-7956

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## Marketing Staff

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## Contact Marketing

The Marketing Division of the Morale, Welfare and Recreation Department of Commander, Fleet Activities Yokosuka, Japan publishes Focus Magazine. Its purpose is to inform the community about MWR leisure and recreational activities available on and off base.

Telephone: 243-5414/1254

Address: Commander, Fleet Activities, Yokosuka  
MWR Marketing Department  
PSC 473 Box 60 Code 605  
FPO AP 96349-0060  
CFAY Building #1559, Room #219



## Officers' Club

**Tuesday, August 01, 08, 15, 22 and 29 from 1700 to 2100 in Kosano Dining Room**

### Mongolian Night

Enjoy a variety of authentic Mongolian food selections offered to soothe your taste. Receive a free Mongolian dinner when you guess the correct weight (plus/minus \$.05) of your Mongolian bowl. Cost: \$.55/oz.

**Friday, August 04 from 1700 to 1930**

### Poolside Outdoor Social Hour

Come and join the hundreds of guests that have enjoyed this great monthly event. Experience the fun and celebrate with us. This month's event theme will be Hawaiian. Don't be left out. All authorized personnel and their guests are welcome.

**Sunday, August 06, from 0900 to 1330 in Kosano Dining Room**

### Boys & Girls Clubs Day for Kids

Share a moment, create a memory and make a kid's day a special one. All kids 17 years and under receive 50% off their meal.

**Saturday, August 26 from 1600 to 1900 in Admiralty Room**

### Saturday Afternoon Delight Back-To-School Celebration

Kids, come to the club and join us for this exciting and enjoyable event. There are lots of door prizes instore for you (must be present to win), and free munchies (ice cream and cookies). We also have a karaoke singing contest for kids with prizes for the winners.

**Thursday, August 31 from 1700 to 2100 in Kosano Dining Room**

### All-You-Can-Eat Cajun Seafood Buffet

With lots of great food to choose from including:

- Dirty Rice
- Shrimp Creole
- Peel & Eat Shrimp
- Deep Fried Fish
- Blackened Red Snapper
- Red Beans & Rice
- Hush puppies
- Cajun meatloaf
- Jambalaya and much more!

Adults \$18.95, Child 8-11 \$8.95, Child 4-7 \$6.95 and Child 3 and below are free. Reservations are a must! Please call 243-5030 or 5002

Ask about our new "Diner's Savings Card", now available.

Present your card each time you dine with us and get a frame stamped and you'll be able to choose from one of the following options:

- **Completed card (60 stamped frames)**  
– Dinner for two (up-to \$60 value).
- **Half completed card (30 stamped frames)**  
– Brunch for two (\$26 value).
- **One third completed card (20 stamped frames)**  
– Lunch for two (\$14 value).

Card will be retrieved upon use of selected option. Does not include alcoholic beverages. Minimum dine-in receipt of \$6.95 or more each time you dine. No change will be given. No cash value. Card valid at Yokosuka Officers' Club only. Only one card per adult will be issued. Must be officer or equivalent grade to qualify. For details call 243-5030.



## Welcome to our new Kurofune Sports Lounge!

Come and experience free snacks Monday thru Friday while watching our nine (9) televisions. Or play a game on our pool table or electronic dart board while listening to our new electronic jukebox with 300 albums installed for only \$.50 local play and \$1 download play! So have fun choosing your own taste and style of music with our own jukebox machine. Plus, don't forget to bring your laptop and relax with our free wireless internet!

|                  |                                     |
|------------------|-------------------------------------|
| <b>Monday</b>    | Vegetable Tray and Jalapeno Poppers |
| <b>Tuesday</b>   | Combination Pizza                   |
| <b>Wednesday</b> | Taco Bar                            |
| <b>Thursday</b>  | Chicago Hot Dogs with Chilli        |
| <b>Friday</b>    | Heavy Hors d'oeuvres                |



We specialize in catering services. Our facilities range from formal ballroom and banquet halls to garden parties and outdoor cookouts. We can accommodate small parties or groups of up to 300 with extensive menu selections to match your taste and budget. For details regarding services offered call Tak, Yasu or Ben at 243-7318 or 243-5788.

## Sunday Brunch Drawing in Warehouse or Kosano Dining Rooms

Drop your lunch receipt with your contact information into the drop box near the cashier during our weekly lunch Monday thru Friday for a chance to win a free Sunday Brunch for two. Drawings will be conducted each Friday afternoon at 1500. Winners will be notified by phone.

## Pool Party

Enjoy summer to the hilt. Stop by our Catering Department and book your summer events now! For details call Tak, Yas or Ben at 243-5788 or 7318.

## Deli/Take-Out Department

In a hurry? Straight from the oven are freshly baked pies and bread. Also available are freshly made cold sandwiches, salads and much more. Try our crispy fried chicken snack pack and freshly made obento with free soda or cup of soup. Call 243-5002 / 5030 / 7318 / 5788 for details.

*Due to seating availability, we encourage reservations on all club's events. For information on club's ongoing and upcoming events and specials, please call 243-5002/5030/7318/5788 / 5624 after 1700 or see flyers for details.*



## CPO Club

Satisfy your party needs. Catered events are outstanding at the CPO Club. Come in and let us exceed your expectations. Excellent food and service will make your next party all that you would expect – and more!

**Tuesday, August 01 thru Thursday, August 31**

### National Peach Month!

Check out our weekly specials... they're just peachy keen!

**Wednesday, August 09**

### Rice Pudding Day

Try this traditional dessert on our delicious lunch buffet – all for only \$6!

**Tuesday, August 15**

### National Lemon Meringue Pie Day

Enjoy this tasty dessert during lunch and dinner for only \$1.50 a slice!

**Thursday, August 24**

### National Peach Pie Day

Don't miss out on this tasty dessert included in our \$6 lunch buffet!

## Entertainment

August is Romance Awareness Month

**Saturday, August 12 at 1900 (hors d'oeuvres) 1930 (dinner)**

**in Bamboo Room – Coincides with CDC Parents' Night Out**

### Heavenly Bamboo Romantic Dinner

Gentlemen, show your lady that you know what romance is all about. Spend a romantic evening dining in our exclusive hideaway. A very special romantic dinner, paired with superb wine, costs only \$29.95 per person. Limited seating available – so only first 14 couples reserving will enjoy this enchanted, romantic evening. Please call 243-5506 for details and reservations. Don't miss out!

**Monday, August 14 from 1700 to 2100**

### Italian Buffet

Come and enjoy a special buffet that just got better – with an increased variety of specialty dishes to stimulate your palette. You haven't tasted authentic Italian until you've experienced this one-time extravagant event! It boasts a special sayonara spread created by Chef Donnie Seo, before heading back to Johnson and Wales Culinary School. Chef Yamaguchi and Chef Seo guarantee that this is one Italian Night you won't want to miss! \$10.95 per person

**Friday, August 18 at 1900 in Cove Bar**

### Weird Contest Week Event

Have you ever heard of the "30 Seconds to Fame" show? E7s and above, and their equivalents, are encouraged to participate in our CPO Club version of this extravagant showcase. Sign up to share your special talent – playing drums, break-dancing, maybe pulling spaghetti in your mouth and out of your nose – or whatever! Our Cove Bar audience will vote for its favorite participant and one winner will receive a \$100 MWR gift certificate! Open to Chiefs, or equivalents, and their sponsored guests.

**Friday Nights in Cove Bar**

### Live Music

Come and party with the Higher Ground Band

*Cove Bar is open to Chiefs, authorized patrons and their sponsored guests. Sorry, but guests cannot include E-6 and below.*

**Tuesdays and Thursdays**

### CPO Club Bingo

New games and more fun than ever! Come in and daub away. Over \$4800 in prizes nightly. Card sales begin 1700. Games begin 1830. Bingo package costs \$15. Open to All Hands.

## Daily Club Specials

### Sundays

Sunday Brunch

Officers' Club  
Seaside All Hands' Club  
Negishi All Hands' Club  
Ikego Club Takemiya  
Officers' Club  
CPO Club  
Ikego Club Takemiya

A La Carte

Mongolian Barbecue

### Mondays

A La Carte  
Italian Night  
Spicy Hot Chicken  
Steak Night Special

Officers' Club  
CPO Club  
Ikego Club Takemiya  
Negishi All Hands' Club

### Tuesdays

Mongolian Barbecue Night

Officers' Club  
Negishi All Hands' Club  
CPO Club  
Seaside All Hands' Club  
Ikego Club Takemiya

Prime Rib Night

Barbecued Spare Ribs

### Wednesdays

International Buffet  
Mongolian Barbecue  
International Night  
\$1 Off Steak Night

Officers' Club  
CPO Club  
Seaside All Hands' Club  
Ikego Club Takemiya

### Thursdays

A La Carte  
  
Steak Specials  
Asian Food Night  
Mongolian Barbecue Night

Officers' Club  
CPO Club  
Seaside All Hands' Club  
Ikego Club Takemiya  
Negishi All Hands' Club

### Fridays

A La Carte  
Seafood Night  
Caribbean Mahi-Mahi  
Mexican Platter Night

Officers' Club  
CPO Club  
Ikego Club Takemiya  
Negishi All Hands' Club

### Saturdays

Chef's Prime Rib Special  
and A La Carte  
Size-It-Up Steak Night  
Mongolian Barbecue  
Prime Rib Night

Officers' Club  
  
CPO Club  
Seaside All Hands' Club  
Ikego Club Takemiya  
Negishi All Hands' Club

## Filipino Specials

### CPO Club

CPO offers a variety of Filipino Specials on our lunch buffet Monday thru Friday, from 1100 to 1330.

### Seaside All Hands' Club

|                  |                                |
|------------------|--------------------------------|
| <b>Monday</b>    | Chicken and Ribs Adobo         |
| <b>Tuesday</b>   | Sinampalukang Manok            |
| <b>Wednesday</b> | Pancit and Fried Chicken       |
| <b>Thursday</b>  | Fresh Lumpia and Fried Chicken |
| <b>Friday</b>    | Nilagang Baka and Fried Fish   |



## Club Alliance

### Events



Offering you fresh, straight-off-the-grill, American-size monster burgers and hot dogs, world class wraps, specialty sandwiches, healthy garden salads and more. They're sure to make you drool before you take that first bite! Located on the 2nd floor of Club Alliance. Open to all hands!

#### Saturdays

##### Club Alliance Bingo

Try your luck at one of our jackpots. We give away up to \$21,000 every bingo session, including \$2,500, \$5,000, \$10,000 jackpots and a guaranteed \$1,000 giveaway. Card sales begin 1200. First game begins 1300. Call 243-3000 for details. Open to all hands!

**Saturday, August 12 from 1700 to 2100**

**in Italian Gardens Restaurant**

##### Garlic Night

With a special all-garlic menu. Choose from garlic appetizers, salads and entrées. The best garlic dishes are right here. Open to all hands!

**Saturday, August 26 from 1700 to 2100**

**in Italian Gardens Restaurant**

##### Soul Food Night

Join us for the most delicious Soul Food Buffet you'll ever have. Adult (\$11.95) Child 11 & under (\$5.95) Open to all hands!

### 3rd Floor Sports Bar

**Mondays at 2100**

##### 9-Ball Tournament

**Tuesdays at 2100**

##### Dart Tournament

**Wednesdays at 2100**

##### 8-Ball Tournament

Prizes awarded to 1st, 2nd, & 3rd-place winners.

Thursday, August 17 at 1930

## JAPAN JAMS Comedy Show

@ Sharky's Bar



Featuring Jesse  
Pangalinen and  
Christopher Kuhn.

Show immediately followed  
by Latin Night w/ DJ Pablo  
and DJ Rob Lo.

## Entertainment

**Tuesdays from 2000 to 2400 in Sharky's Bar**

##### Rock N' Roll Tuesday

Rock with our DJ playing everything from Classic Rock to Modern Rock. Open to all hands!

**Wednesdays from 2000 to 2400 in Sharky's Bar**

##### Country Night with DJ Gary and the Waterfront Band

Join us for some boot stomping, knee slapping, cowboy hat waving country music. Open to all hands!

**Thursdays from 2000 to 2400 in Sharky's Bar**

##### Latin Music Night

Dance to the captivating sounds of Meringue and Salsa with DJ Pablo & DJ Rob-Lo playing all of the Latin grooves. Want to learn all of the Latin moves? Dance lessons are held in the 3rd-floor Lighthouse Lounge from 2000 to 2130 for only \$5 per person. Lesson given by professional dance instructor Andres. Open to all hands!

**Fridays from 2000 until... in Sharky's Bar**

##### Ladies' Night

Join us and enjoy our DJ playing all of your favorite dance music. Free virgin cocktails for ladies before 2300. Open to all hands!

**Fridays from 1900 to 0200 in Sharky's Bar**

##### R&B Hip Hop Night

Bounce to the bumpin' beats as DJ Lock cuts up all of the latest R&B, Hip Hop and Dancehall Reggae. Open to all hands!

**Saturdays from 2000 to 0100 in Sharky's Bar**

##### Higher Ground Band with Club "A" DJ

Live on stage, playing all of your favorite Rock, Dance, R&B and much more. Open to all hands!



**Saturdays from 1700 to 2100 in Italian Gardens**

##### Jazz Night

Join us for Japan's best jazz bands playing all of the smooth jazzy grooves while you enjoy a delicious meal. Yokosuka Jazz Band performs August 05 & 19, Eddie Cotten performs August 12 and Michael Symonette performs August 26. Open to all hands!

**Sundays from 1900 to 2300 in Sharky's Bar**

##### Techno / House Night

Pumping up those mesmerizing techno and house beats. Open to all hands!

### Sharky's Brewery

#### American Amber

**You can have high quality beer at a competitive price!**

American Amber is a freshly brewed, high quality beer made from the finest American hops and malts and brought to you straight from Fleet Activities Yokosuka's very own microbrewery!

#### American Eagle Draft

**Brewed by patriots for patriots. Crisp, fresh and tasty!**

Freshly brewed, high quality beer made using the finest American hops and malts and made fresh for you in Fleet Activities Yokosuka's very own microbrewery!

*Drink responsibly. Don't Drink and Drive.*



## Seaside All Hands' Club

### Harbor View Dining Room

**Tuesday, August 01 thru Thursday, August 31**

In celebration, we're serving up smiles! Every child ordering a children's meal with a choice of french fries receives our special "smiley fries" and a toy surprise – while supplies last.

**National  
HAPPY  
Month**



**Monday thru Friday, August 07 thru 11**

#### **National Apple Week**

Celebrate with a slice of our freshly baked apple pie for only \$2 a slice with your meal purchase off of the lunch or dinner regular menu or dinner special of the night.

**Thursday, August 10 from 1700 to 2100**

#### **Family Night**

Take your family out for dinner and receive a 10% discount on your entire ticket. Free balloon and toy for children 11 years of age and under.

**Wednesday, August 16**

#### **National Ice Cream Pie Day**

Celebrate with free "a la mode" with purchase of a slice of our freshly baked pie when you order off of the lunch or dinner regular menu or dinner special of the night. Only \$2.25 per slice per order.

**Thursday, August 24 from 1700 to 2100**

#### **Couple's Night**

Take your special someone for dinner and both of you receive a free non-alcoholic beverage of your choice.

### Barnacle Bill's Lounge Events

**Friday, August 04 from 1800 to 1900**

#### **Ladies' Night Out**

Enjoy an evening with your girl friends and all of you receive a free non-alcoholic drink of your choice.

**Friday from 1600 to 1800**

#### **Social Hour**

Unwind in a relaxing atmosphere, and socialize with your friends, after a long week of hard work. Free finger food available.

*Seaside Live presents entertainment every Thursday, Friday, Saturday and Sunday night!*

**Thursday and Sunday**

Enjoy the sounds of Higher Ground – our new "house" band

**Friday**

Enjoy different DJs who will entertain you

**Saturday**

Unwind to the sounds of our own "local" Waterfront variety band

*Participate in our Designated Driver Program! Be the designated driver for your friends or shipmates and receive a \$5 gift certificate and free non-alcoholic drinks all evening. If you drink - be responsible! Have the COA on duty call you a cab or use the designated driver program. We have playing cards and dominoes available for checkout at our bar for your enjoyment.*

visit us at [www.cfay.navy.mil/mwr](http://www.cfay.navy.mil/mwr)

## Club Takemiya

### Dining Room Entertainment

**Saturday, August 05 and 19, from 1700 to 2100**

#### **Eddie Cotten Performance**

Eddie Cotten on the keyboard performing some wonderful easy listening tunes while you dine. Come and enjoy this outstanding performer.

**Saturday, August 12 and 26 from 1700 to 2100**

#### **Yokosuka Jazz Band Performance**

Enjoy the smooth sounds of live jazz.

**Sunday, August 20 and 27 from 1800 to 2000**

#### **Mike Applegate Performance**

Magic Mike performs table magic and balloon making.



### **Customer Appreciation Night**

**Thursday, August 24 in Club Takemiya**

We will hold a drawing every hour giving you a chance to win an MWR Gift Certificate.

### Lounge Entertainment

**Thursday from 1900 to 2300**

#### **Karaoke Contest Night**

Compete for first, second and third-place prizes. Must have minimum of six participants to hold contest.

**Friday, August 04 and 18 from 2000 until finished in bar**

#### **8-Ball Tournament**

Compete for first, second and third-place prizes. Must have minimum of six participants to hold contest.

**Fridays from 1700 to 1900**

#### **Happy Hour**

Socialize in relaxing atmosphere with free finger food provided.

**Fridays from 2000 to 0200**

#### **Friday Night Therapy**

DJ Nautica playing the top hits.

**Saturdays from 2100 to 0200**

#### **Saturday Night Jams**

Enjoy DJ City playing your favorite music.

## Negishi All Hands' Club

**Tuesday, August 01 thru Thursday, August 31**

Children receive free ice cream with evening meal.

**ICE CREAM  
Month**



**Saturday, August 26**

#### **Hours of Operation**

Dining room open from 0900 to 1100 for breakfast. Bar open all day with band performing from 2100 to 0100 for Bon Odori.

**Tuesday from 1700 to 2100**

#### **MWR House Band**

MWR's house band playing your favorite tunes.

**Wednesday Night**

#### **Pie Special**

Join us for dinner and receive a slice of pie free.



## Yokosuka Community Center

Origami, the name for paper folding art, comes from the Japanese verb *oru* – to fold – and the noun *kami* – paper. The art uses geometric folds and crease patterns in different combinations to create a variety of intricate designs.

### Sumi-e

Ink and wash painting is an East Asian type of brush painting. It is also known by its Japanese name – *Sumi-e* – when black ink is used in various concentrations for calligraphy. Simplicity is the main characteristic of *Sumi-e*. When combined with intuitive expression, *Sumi-e* artists produce a sense of peace and harmony in their work. Traditionally, *Sumi-e* subject matter represents natural shapes including animals and plant forms.

### Chigirie

Chigirie is a type of collage "painted" with softly torn washi paper instead of watercolor or oil paints. This method of tearing paper brings a special look of softness and tenderness to designs.

*The Hobby Mart continually receives new shipments of exciting and creative items to enhance, and entice, your artistic side. Currently it offers a wide selection of flowers, ballet attire, musical books and washi paper for several Japanese craft classes that we offer. Please visit the Hobby Mart on the second floor of the Community Center to see the exciting items it has to offer.*

For class details, please call us at 241-4111.

## Ikego Community Activities

### Leisure Classes

We offer classes in ballet, piano, guitar, violin, tae kwon do, pre-ballet, Japanese language and Gakken. For details call 246-8071 or visit [www.cfay.navy.mil/mwr](http://www.cfay.navy.mil/mwr).

### Saturday, August 12 from 0900 to 1300 in Club T Parking Lot Swap Meet

Please stop by Ikego MWR Office to register. Cost, \$5, includes one table and two chairs. For details call 246-8071.

### Saturday, August 19 from 1930 to 2330 at pool

#### Adult Beach Blast Pool Party

Join us for lots of beach party fun right in your own neighborhood. Live entertainment, food, drinks and swimming promise an enchanting evening under the stars. Hurry to buy your tickets because only a limited number are available. Please call 246-8071 for details or visit Ikego MWR Office for sign-up.

### Saturday, August 26 from 1730 to 2330 at Kamakura Beach

#### Adult Evening at the Beach

Spend an evening enjoying unique summertime festivities at this popular beach without worrying about transportation or childcare. Cost is \$5 per person. Please call 246-8071 for details or visit Ikego MWR Office for sign-up. Remember to bring yen for food, drinks or souvenirs. And, see page 10 for details about Ikego CDC's Special Opening on this night.

### Upcoming Event

Mark your calendars and plan ahead!

### Saturday, September 23 Ikego Friendship Day

## Negishi Community Activities

Leisure classes include karate, piano, hip hop dancing, ikebana, origami, tea ceremony, scrap booking, drawing, kimono dressing and Japanese language lessons on first and second floors of the Community Center Building. Please visit [www.cfay.navy.mil/mwr](http://www.cfay.navy.mil/mwr) for class schedules and fees.

### Saturday, August 12 from 1930 to 2230 in Negishi Pool Summer Pool Party

Bring your entire family for a relaxing and fun-filled evening with MWR! Entry Fee, (\$5 Single / \$10 Family of two or more), includes food, games, music and of course – swimming. Event is open to I.D. cardholders and their sponsored guests. For details call Negishi MWR Program Office at 242-4120.

### Saturday, August 19 from 1700 to 1900 at Bowling Center Family Bowling Tournament

Join neighbors and friends and to listen to the latest tunes while bowling for some great prizes. For details, or to register, call Negishi MWR Program Office at 242-4123 or visit Negishi Bowling Center. Entry Fee, \$10 per family of two or more, includes free shoe rental, snacks and one complimentary, non-alcoholic drink.

### Saturday, August 19 at 0900 by Community Support Complex Dog Days of Summer 3K Dog Walk

Join us for the beginning of a great summer day of fun and fur. Event is free but registration is required by Wednesday, August 16 at Negishi Fitness Center – if you want an event t-shirt. For details call 242-4124 or 045-281-4124.

### Upcoming Events

### Saturday, September 02 Summer Concert and Flea Market

### Monday, September 04 Labor Day 5K & 1-Mile Fun Walk/Run



Attend any activity advertised with a Boys & Girls Clubs Day for Kids logo to receive a free t-shirt. Children who wear this t-shirt to Ikego Friendship Day on Saturday, September 23 will receive a complimentary hot dog, beverage, snow cone and cotton candy in addition to unlimited use of air toys throughout the day. Or send your email to [yoko\\_youth\\_happenings@yahoo.com](mailto:yoko_youth_happenings@yahoo.com) and receive an email verification coupon which can be printed and redeemed at Ikego Friendship Day for your free t-shirt and complimentary items throughout the event. Limit one t-shirt per child. For details call 241-4904.



## Auto Hobby Shop

**Saturday, August 12 from 1300 to 1600**

### **Beginner Automotive Maintenance Class**

Learn the what, why and where of brake pads and shoes. This 3-hour course covers how to swap pads and shoes for disc and drum brakes, as well as, the secrets for stopping brake squeal. During the class, the Instructor and participants will fully inspect, and replace as necessary, the brakes on a donor vehicle. After the class, patrons can work on their own brake systems under the supervision of the instructor and staff. Parent or guardian must accompany patrons 16 years of age and under. Patrons who want to work on their cars after class should order brake pads from NEX Auto-Port, or local dealership, prior to class.

**\$15 per patron includes class and daily usage fees.**

**Saturday, August 26 from 1300 to 1600**

### **Intermediate Brake Cylinder Overhaul and Repair Class**

This 3-hour course covers evaluation, removal, service and reinstallation of brake master, and slave cylinders, as well as, manual transmission master and slave cylinders. Class includes a 30-minute brief on the function of brake system hydraulic components and a 2-hour hands-on class in removal, repair and reinstallation of these components. Parent or guardian must accompany patrons 16 years of age and under.

**\$25 per patron includes class and daily usage fees.**

## September Classes

### **Beginner Panel Replacement Body Working**

### **Intermediate Tune-ups, Filters, Spark Plugs and Cords.**

*We also offer a towing and junking service. Call 243-5456 for details.*

## Wood Hobby Shop

### Classes

Have you ever wondered how to fix the things your kids break? Haven't you heard? The Wood Hobby Shop is offering a new series of classes – beginning this month!

**Saturday, August 12 and 26 from 1300 to 1600**

### **Beginner Hand Tools and Lingo Class**

What's a "kerfs"? How about a "dado"? And, of course, how can we forget about planes and chisels! This class is designed for beginners who never touched a piece of wood before – except maybe a baseball bat. Don't worry, though, our staff can teach you how to make an aerodynamic piece of wood! During this 3-hour course you'll learn how to safely utilize basic shop hand tools and practice beginner woodworking equipment techniques with the help of staff members. After class, staff members will be available to discuss beginner project options. Parent or guardian must accompany patrons 16 years of age and under.

**\$15 per patron includes class and daily usage fees.**

*The Wood Hobby Shop offers pre-cut shadow box kits in 3 sizes, and other do-it-yourself kits, for purchase. Call Pete at 243-9064 for details.*

## T-Shirt and Plaque Shop

We offer custom t-shirts and plaques for birthdays, anniversaries or just for fun. We have something for everyone including laser engraved plaques with your customized message and embroidered, laser and heat transfer t-shirt designs. The T-Shirt and Plaque Shop, open 0730 to 1630 Monday thru Friday, is located on the back side of Outdoor Recreation Center in Building B-48.

visit us at [www.cfay.navy.mil/mwr](http://www.cfay.navy.mil/mwr)

## Bowling

### League Programs



August is sign-up month for our league season, with lots of fun events in store for you.

**Monday Night**

**Tuesday Night**

**Wednesday Night**

**Thursday Night**

NFL League – NEW

Mixed-4 League

Doubles League

Mixed-4 League

Sign-up, and meeting, dates are posted in Yokosuka Bowling Center, or submit your team details thru our MWR website.

**Sunday from 1600 to 1800 and 1815 to 2015**

### **Sunday Family Program**

Pay only \$15 for a family of 4 includes shoe rental. Come and join the fun with Disney Channel music as our special feature.

Kanto Plain Tournament coming in September. Here's your chance to bowl with the pros. Details available on our website.

*Have you tried a Mean Genes Slushy yet? Check it out on a hot day!*

### **August Open-Play Specials**

Children 3 to 17 years of age bowl for only \$1 Monday thru Friday between 1030 and 1700. Bring your friends and enjoy the coolest place on base – literally!

### **Pro Shop**

League play returns in August. This is the perfect time to have your equipment checked for proper fit and cash in on some of our "hot" – no pun intended – summer closeouts on balls, bags and shoes. We are open Tuesday thru Saturday from 1100 to 1800.

*Check out our page on the MWR website.*

## Library

### **Summer Reading Program Concludes**

The Summer Reading Program, developed to promote the importance of reading during summer vacation, concludes with a party at Benny Decker Theater Thursday, August 24. Summer Reading Program participants will enjoy complimentary hot-dogs, soda and popcorn, as well as, free admittance to the 1300 movie matinee, thus proving that "when you read, you win!" Each week, several lucky participants will also win great prizes including NEX gift certificates, puzzles, models, toys and more. Every reader wins because reading is fun, builds your vocabulary and increases your knowledge about the world. Students who read for pleasure tend to perform better on college entrance exams including the ACT and SAT. And, of course, reading opens up your mind to new ideas and makes you a better-rounded person.

### **Step Up to the Plate @ Your Library**

Step Up to the Plate @ Your Library is a program, developed by the American Library Association (ALA) and the National Baseball Hall of Fame, to promote 21st-century literacy. Open to patrons of all ages, the program encourages people to step into their library and use its resources to answer a series of baseball trivia questions developed by the Hall of Fame librarians. To play the game, participants can go online to [www.ala.org/baseball](http://www.ala.org/baseball) and download a set of trivia questions for their age group. Questions are available in five topic areas including women in baseball, African Americans in baseball, Hispanics in baseball, Major League Baseball and ballparks. To enter, players can submit their answers by mail or online.



## Child Development Program

### Main CDC

**Tuesday, August 08 at 1500 in Chapel of Hope**  
**Parent Involvement Board**

**Saturday, August 12 from 1700 to 2400**  
**Special Opening**

### Hourly CDC

**Friday, August 18 from 1100 to 1200**  
**Summer Splash Picnic**

### Ikego CDC

**Friday, August 11 from 1500 to 1700**  
**Open House**

**Saturday, August 26 from 1700 to 2400**  
**Special Opening**

**Thursday, August 31 from 1100 to 1200**  
**End of Summer Bash Picnic**



### Child Development Homes (CDH)

**Wednesday, August 02 and 16 from 0900 to 1100**  
**Orientation Training**

**Monday thru Friday, August 21 thru 25 from 0800 to 1300**  
**Certification Training**

### Youth Sports

Check out our webpage at [www.cfay.navy.mil/mwrl/youth/ysports.html](http://www.cfay.navy.mil/mwrl/youth/ysports.html)

**Tuesday, August 01 thru Tuesday, August 15**  
**Youth Soccer Season Registration**

Practice begins week of August 28. Games begin Saturday, September 09. Visit the Youth Sports offices if you want to play, but will be on leave during registration period, for early sign-up. Fees are \$40 first child / \$35 each sibling. PAYS members receive \$5 discount per child. Soccer Start Smart program, which introduces youth to game fundamentals, is available for 3 and 4-year-olds. 5 thru 7-year-olds play in coach play league and 8 thru 10 and 11 thru 15-year-olds play in Kanto Plain leagues.

**Tuesday, August 15 thru Friday, September 08**  
**Personal Conditioning & Training (PCT) Registration**

Registration fee, \$20, includes workout shirt and some great incentive prizes. This program helps participants 12 thru 18 years of age understand:

**Strength and Conditioning** – We use free weights and weight training machines to increase muscular strength and endurance while concentrating on speed and agility.

**Cardiovascular Improvement** – We use machines, aerobics classes and aquatic training to improve cardiovascular endurance.

**Nutritional Information** – It takes more than exercise to get in good physical condition; a good diet helps with training effectiveness and long-term health and athletic goals.

PCT also concentrates on sport-specific exercises to improve athletic performance. We will meet 1500 to 1630 Monday, Wednesday and Friday from Monday, September 18 thru Friday, November 03 in New Fitness Center. Parents' meeting will be held 1700 Thursday, September 07 in same location.

**Friday, September 01 thru Friday, October 13**

### Flag Football and Outdoor Cheerleading Registration

Season begins Monday, October 23 and runs thru Saturday, December 16. Fees are \$40 first child / \$35 each sibling. PAYS members receive \$5.00 discount per child. There is a Start Smart flag football program for 3 and 4-year-olds that introduces youth to game fundamentals. Five thru 7-year-olds play in coach play leagues while 8 thru 10-year olds and 11 thru 15 year-olds plays in Kanto Plain leagues. Age groups may change slightly due to registration numbers. Cheerleading for youth 5 thru 15 years of age will be split into a junior and senior squad with age split determined by registration numbers. Cheerleaders will cheer at Youth Flag Football games during the season. Registration fees and dates, along with season dates, are the same as those for flag football.

### Teen Summer Basketball

Great summer program for teens 13 thru 18 years of age! Saturday tournament-style games with some weekday games, as well. Come out and cheer the teens on as they "hoop it up!"

### Youth Fitness Authority

Program will not run in August but will start back up Tuesday, September 05. Sponsored by the Boys & Girls Club of America, program will run from 1500 to 1600 Tuesday and Thursday during September. Work on your fitness, non-traditional/traditional sports and hand/eye coordination. Pre-register by day prior to event at SAC center. K thru 6th graders welcome. **Free**



### Gymnastics

Register your child for classes in Yokosuka or Ikego. Classes are held Wednesday in Ikego and Monday, Tuesday, Wednesday and Friday in Yokosuka.

### Year-Round Soccer Program

Games played every Sunday in Ikego. Youth Sports is looking for teams in both Ikego and Yokosuka. For fee details, visit or call the Yokosuka or Ikego Youth Sports Office.

### PAYS

Parents Association for Youth Sports meetings are held Wednesday at 1000 in Ikego Youth Sports Office and Thursday at 1000 in Yokosuka Youth Sports Office. Sign up in advance to attend. Learn everything you need to know about the Youth Sports Program and the important role that you play as a parent. One-time attendance entitles you to registration discounts for Youth Sports activities, as well as, membership in the national organization for \$5.

### Volunteers Needed

We are continually looking for volunteers. If you are interested in helping out as a coach, sports official, team parent or set-up helper, contact your local Youth Sports Office. Your call will help you find out about some of the great incentives we have for our coaches.

### Registration Policy

Youth Sports has implemented a \$25 late fee for any registration taken after the deadline. Each season we have a high volume of late registrants, which, in turn, causes delays in team rosters and scheduling. We will continue to accept late registrations with no penalty for legitimate reasons including PCS orders or medical emergencies. We would like to emphasize that this will not impact our current fees. Fees remain the same as long as patrons sign-up during the normal registration period that usually extends over 30 days. As an additional option, early registrations are accepted when families will be on leave during normal registration period. Visit our office for details.

### General Program Information

For details about any program call the Negishi Teen Center at 242-4121, Brandon Bergeron in Ikego MWR Office at 246-8017 or Charina Delacruz in Yokosuka Youth Sports Office at 241-2952.



## Yokosuka Teen Programs (YTP) for 7th thru 12th Grade

The YTP program is designed for all eligible teens within the Yokosuka, Negishi and Ikego on and off-base areas. For details stop by any teen center or visit our website at [www.cfay.navy.mil/mwrr/youth/teen.html](http://www.cfay.navy.mil/mwrr/youth/teen.html).

### Yokosuka Teen Center – Astro Lounge

**Wednesday, August 02 at 1500**

#### **Pool Tournament**

Test your skills against peers to see if you come out on top. Compete for pride and prizes. **Free**

**Friday, August 04 at 1800**

#### **Open Mic Night**

Get on stage and jam with your friends, get up and tell a joke or sit down and read a poem. The stage is free and the mic is open, so come by and enjoy the evening. **Free**

**Saturday, August 05, 12, 19 and 26 at 1200**

#### **Movie Day**

We will play movies all day long so hang out, relax, enjoy a movie and eat free popcorn. **Free**

**Wednesday, August 16 at 1500**

#### **Foosball Tournament**

Go head-to-head in heart-pounding competition to see if you have what it takes to come out on top. **Free**

**Friday, August 18 at 1800**

#### **Summertime Open Mic Night in Astro Lounge**

Get on stage and jam with your friends, get up and tell a joke or sit down and read a poem. The stage is free and the mic is open so come by and enjoy the evening. Prizes awarded to winning performers with summer-related themes. **Free**

**Wednesday, August 23 at 1500**

#### **Air Hockey Tournament**

Get ready to make some noise and compete for pride and prizes. **Free**

**Saturday, August 26 from 0700 to 1900**

Mourn the end of summer with a day of roller coasters, rides and haunted houses!

**\$45**

## Fujikyu Highland Trip



**Wednesday, August 30 at 1500**

#### **Doubles Foosball Tournament**

Find a partner and compete to see if your team can beat all challengers in this doubles match. **Free**

**Wednesday, August 30 from 1800 to 2100**

#### **Dinner Out**

Sign up early to reserve your seat as we head to the beach for dinner with your friends. **Transportation is free but bring yen for food.**

## Negishi Teen Center

**Mondays and Wednesdays during August, from 1100 to 1500**

#### **H2O Club**

Pre-teens (4th thru 6th graders) and teens (7th thru 12th graders) can join this new program. You must take a swimming test with your parents before joining in on the fun. There is also an option for Friday activities, so sign up now and let's have a great time! **Free**

**Wednesday, August 02, 09, 16, 23, 30 from 1700 to 1800**

#### **Billiards**

Show off your skills, join the Pool Club and compete against Ikego and Yokosuka teens. **Free**

**Thursday, August 03, 10, 17, 24 and 31 from 1600 to 1800**

#### **Darts**

Take a break from the hot summer days by playing darts with friends. **Free**

**Thursday, August 03 from 0900 to 1500**

#### **Toshimaen Summer Splash**

You know the rest – so what are you waiting for? Lets go! Sign up by Monday, July 31. **\$30**

**Friday, August 04, 11, 18 and 25 from 1800 to 2000**

#### **Movie Night**

Take a break from the hot summer days, and cool off your weekends, watching movies with friends. Food and drinks – you buy we fly! Let us know in advance if there is a particular movie that you want to see. **Free**

**Thursday, August 10 and 24 from 1000 to 1500**

#### **Mystery Lunch Trip**

Join us for lunch somewhere new and do a little sightseeing, too. The first 8 teens to sign up will go. Bring yen for lunch and souvenirs.

## Ikego Teen Center

**Thursday at 1830 – Preteens / Saturday at 1730 – Teens**

#### **Pool Tournament**

Come out and see who's the best. Weekly winners can then prove themselves the grand champion at end-of-the-month tournament. **Free**

**Friday at 1800**

#### **Movie Night**

Watch movies, movies, movies all night long. The 1st and 4th Fridays are popcorn movie nights. **Free**

**Wednesday, August 02 at 1830 – Teens Only**

#### **Dart Tournament**

Come out to see who is "King of the Dartboard." Prizes awarded. **Free**

**Wednesday, August 16 at 1830**

#### **Video Game Tournament: X-Box or Playstation**

Think you are the best? Who is the #1 Ikego video game champ of them all? Come and find out. Prizes awarded. **Free**

**Friday, August 25**

#### **Back-to-School-Party**

It's time to go back to school. Come out and dance, dance, dance and eat good food. There will be dance contests for girls and boys with prizes for best dancer of the night, too! **\$1**

**Saturday, August 26**

#### **Sea Paradise Aqua Museum**

See sharks, dolphin shows, fish and more fun at the aquarium. Bring extra money for rides afterwards. Money and permission slips due buy Monday, August 21.

**\$30 for 16 to 18 years of age / \$21 for 10 to 15 years of age**

*Don't forget about Ikego Teen Center's music, digital/photo design and movie-making clubs. We meet at different times throughout the month. Check our monthly program guide for dates and times.*





## Friday, August 04 at 1730 on Main Softball Field IM Friendship Day Softball Tournament

Teams must register by 1700 Wednesday, August 02 at Adult Sports Office on third floor of Fleet Recreation Center. Coaches/captains' meeting 1700 Thursday, August 03 at Adult Sports Office.

## Saturday, August 12 at 1730 on Berkey Complex Field #3

### Captain's Cup Co-Rec Kickball Tournament

Teams must register by 1700 Wednesday, August 09 at Adult Sports Office on third floor of Fleet Recreation Center. Coaches/captain's meeting 1700 Thursday, August 10 at Adult Sports Office.

## Monday, August 14 at 1800 in Yokosuka Bowling Center

### Captain's Cup Men's & Women's Bowling League

Teams must register by 1700 Wednesday, August 09 at Adult Sports Office on third floor of Fleet Recreation Center. Coaches/captains' meeting 1800 Thursday, August 10 at Yokosuka Bowling Center.

## Saturday, August 19 at 1000 on Sand Volleyball Court

### Captains' Cup Men & Women's 2-Person Beach Volleyball

Teams must register by 1300 Friday, August 18 at Adult Sports Office. Teams/players meeting 0930 Saturday, August 19 at Sand Volleyball Courts.

## Friday, August 25 at 0830 in Tama Hills

### End-of-Summer Golf Tourney and Golf League

Players must register by 1700 Tuesday, August 22 at Adult Sports Office. Players' meeting 0815 Friday, August 25 on first tee. Four-Man Best Ball format. Players receive event rules and details at first tee on event day...

## Saturday, August 26 at 1000 in The New Fitness Center

### Varsity Seahawk & Ladyhawk Basketball Tryouts

Interested participants must fill out application at Adult Sports Office on third floor of Fleet Recreation Center. Players must be on court by 1000 to receive team/season details. Players who make initial tryouts have a greater chance of making the team, but no spots are guaranteed. Players who are unavailable for tryouts, due to duty or TAD, may still tryout for the team during the season after visiting the Adult Sports Office for details.

*Adult Sports events are open to Active Duty personnel, DoD civilians and dependents at least eighteen years of age, out of high school and with valid ID. Captain's Cup participants must compete as part of their primary command. Captain's Cup points are awarded. Team trophies will be presented to top three finishers and individual awards will be presented to members of championship team. For details regarding any Adult Sports activity please call us at 241-2955.*

## Wellness and Fitness Center

## Friday, August 04 at 1930 in front of The New Fitness Center

### Hot Summer Night 8K/1-mile fun run

If it's too hot during the day, run with us as the sun falls. Cool refreshments to follow. Register by Tuesday, August 01 at Wellness Center.

## Friday, August 18 at 0630 in front of The New Fitness Center

### Rising Sun 5K

Beat the heat by joining MWR Wellness and Fitness Center for this "first" annual race. Breakfast provided for runners. Register by Wednesday, August 16 at Wellness Center.

## Saturday, August 19 at 0800 in front of The New Fitness Center

### Dog-Days-of-Summer 3K Dog Walk

Join your favorite furry, four-legged friend for this neat event. Dogs receive treats at finish line. Register by Wednesday, August 16.

## Saturday, August 26 at 0800 in front of Thew Gym

### Back-to-School Family Relay

School is almost back in session and it's time to celebrate. Join us for this family-style relay that include running, skipping, piggyback rides and more and make this last summer break weekend memorable. Register by Wednesday, August 23 at Wellness/Fitness Center.

## Monday, Wednesday and Friday, from 0800 to 1000

### at Seahawk Natatorium

### Command Swimming Lessons

Class is designed to help Active Duty personnel improve swimming stroke and technique. Active duty welcome on a first come/first serve space-available basis.

## Saturday, September 30 in Fleet Theater

### Yokosuka 4th Annual Bodybuilding Contest

Diet, train and compete! Do you have what it takes? Show off what you have worked so hard for in the gym by competing in Yokosuka's very own bodybuilding contest. We are looking for male and female competitors. Certified Personal Trainer and competitive bodybuilder Debbie Deutsch can help you develop a training program and assist with mandatory poses and choreography. If you want to compete, contact us for details. It's an experience that you will never forget.

### Running Club

Do you like to run? Are you looking for a running partner? Become a member of the Yokosuka Running Club and sprint towards meeting your fitness goals. Incentive awards given to MWR run participants. If you prefer the longer distances, we can provide details about local marathons – and transportation to and from them, also.

### Youth Fitness Orientation Seminar

Orientation will be offered for parents, and youth 10 to 14 years of age, 1630 at New Gym every 1st and 3rd Wednesday and 1200 every 2nd and 4th Saturday. Orientation includes facility tour, rules and regulations, equipment use and safety techniques. Parents and children are required to attend this orientation. Registration required. For details call 241-4486 or 243-5398.

### Lifestyle Enhancement Program

This program is designed to provide you with personalized guidance to improve your health and reduce disease risk factors including weight, cholesterol, nutrition, hypertension, diabetes and sedentary lifestyle, whether you're borderline, high risk or just striving to maintain your current health and fitness level.

#### 1. Health Fitness Analysis (HFA)

provided by USNH Health Promotion and MWR Fitness

- Gives you the means to assess your current state of health and fitness.
- Recommendations on how to get started, setting realistic goals and MWR personal training.
- Follow-up every three months.
- Reassessment provided to ensure that you stay motivated and program tailored to your needs once you've made improvements.

#### 2. Lifestyle and Body Composition Enhancement Programs

(HFA is a prerequisite for Interactive I & II)

- Interactive SEMINAR 1 – Lifestyle motivation and readiness of change discussed. You will understand your comprehensive report findings, three-month goals, cholesterol, nutrition, fitness and body composition reports and demonstration of resistance training equipment. Every other Tuesday at 1200 and 1600.
- Interactive SEMINAR 2 – Designed to help you understand & utilize your personalized cardiovascular exercise prescription & personal nutrition program. Includes demonstration of cardiovascular equipment. Every other Wednesday at 1200 and 1600.

#### 3. Options

- Personal training
- Clinical weight management program
- Self-paced

Please call 243-9776 for dates.



## Aquatics

### Seahawk Natatorium

|                    |              |                    |
|--------------------|--------------|--------------------|
| Early Lap Swim     | 0530 to 0800 | Monday thru Friday |
| Lunch Lap Swim     | 1100 to 1300 | Monday thru Friday |
| Evening Lap Swim   | 1600 to 1800 | Monday thru Friday |
| Master's Swim Team | 1700 to 1800 | Tuesday & Thursday |
| Adult Swim Lessons | 1900 to 2000 | Tuesday & Thursday |

### Green Beach Pool

|                         |              |                              |
|-------------------------|--------------|------------------------------|
| Command Reservation     | 0800 to 1100 | Monday thru Friday           |
| Closed (Camp Adventure) | 0900 to 1100 | Monday thru Friday           |
| Recreational Swimming   | 1100 to 1900 | Daily                        |
| Water Slide Hours       | 1300 to 1800 | Daily                        |
| Jr. Seahawk's Swim Team | 1500 to 1700 | Monday thru Friday           |
| Youth Sports Swim Team  | 1530 to 1645 | Monday, Wednesday and Friday |

|                    |              |                    |
|--------------------|--------------|--------------------|
| Adult Swim Lessons | 1900 to 2000 | Tuesday & Thursday |
|--------------------|--------------|--------------------|

### Ikego Pool

|                       |              |                    |
|-----------------------|--------------|--------------------|
| Swim Lessons          | 0800 to 1100 | Monday thru Friday |
| Recreational Swimming | 1100 to 1800 | Monday thru Friday |
| Recreational Swimming | 1100 to 1900 | Saturday & Sunday  |
| Swim Team             | 1800 to 1915 | Tuesday & Thursday |
| Swim Team             | 0900 to 1100 | Saturday           |

### Negishi Pool

|                       |              |                              |
|-----------------------|--------------|------------------------------|
| Swim Lessons          | 0800 to 1100 | Monday thru Friday           |
| Recreational Swimming | 1100 to 1800 | Monday thru Friday           |
| Recreational Swimming | 1100 to 1900 | Saturday & Sunday            |
| Swim Team             | 1800 to 1915 | Monday, Wednesday and Friday |

### Officers' Club Pool

|                       |              |                   |
|-----------------------|--------------|-------------------|
| Recreational Swimming | 1100 to 1700 | Saturday & Sunday |
|-----------------------|--------------|-------------------|

## Events

### Master's Swim Team

Practice is held Tuesdays and Thursdays at 1700 at The Seahawk Natatorium. Sign up and pay meet entrance fees at the Aquatics Office on the 1st floor of the New Fitness Center. All entrance fees and meet fees are paid by the participant.

### Adult Water Polo League:

If you would like to play water polo without inner tubes, please contact the Aquatics Office at 243-2052 or email Carol Poole at poole.carol@cfay.navy.mil. Play is every Wednesday at 1900 at The Seahawk Natatorium.

### Aquatics Skool of Fish Summer Swim Lesson Program:

Join our swim lesson program now. We offer swim lessons at Yokosuka, Ikego and Negishi Pools. Lessons will go thru Saturday, August 26 at all locations and will be offered Monday thru Saturday. Sign up at The New Fitness Center, the Ikego MWR office or the Negishi MWR office. Call 243-2052 for more information.

**Saturday, August 12 from 1200 to 1700.**

### Back-to-School Pool Party

Come to Green Beach Pool to celebrate the end of summer and the start of a new school year. Enjoy reuniting with friends while enjoying food, games and entertainment.

**Saturday, August 19 from 1400 to 1900**

### Salsa Pool Party

Heat up the end of the summer with Salsa music, food and dancing on the deck of Green Beach Pool.



## New Fitness Center / Fleet Gym

For details call 243-5398

## MARTIAL ARTS CLASSES



We offer a variety of classes including Fushin-Ryu Karate, Judo, Shorinji Kempo, Doumu-kai Aikido, Yoshin-kan Aikido, Nihon Heiho Battou Jitsu Sword Class, Aikikai Aikido Shunyou-kai and Tae Kwon Do at the New Fitness Center & Fleet Gym! Stop by the New Fitness Center for a detailed class schedule. You can watch any classes that you might be interested in taking and can even ask our skillful master sensei questions. Why don't you learn the "well-disciplined Samurai spirit" while living in Japan!

## Massage Services

| Minutes per Session         | 90   | 60   | 40   | 30   | 20   | 15   |
|-----------------------------|------|------|------|------|------|------|
| <b>New Fitness Center</b>   |      |      |      |      |      |      |
| Thai Full Body Massage      | \$65 | \$45 |      | \$25 |      |      |
| Foot Massage                |      | \$45 |      | \$25 |      |      |
| Body Care Massage           |      | \$45 | \$35 |      | \$20 |      |
| Reflexology (Feet & Legs)   |      | \$45 |      | \$25 |      |      |
| <b>Negishi MWR Building</b> |      |      |      |      |      |      |
| Shiatsu                     | \$60 | \$45 |      | \$25 |      |      |
| Swedish Massage             |      | \$45 |      | \$25 |      |      |
| Sports Therapy              |      | \$45 |      | \$25 |      | \$15 |

### New Fitness Center

|                           |      |      |      |      |
|---------------------------|------|------|------|------|
| Thai Full Body Massage    | \$65 | \$45 |      | \$25 |
| Foot Massage              |      | \$45 |      | \$25 |
| Body Care Massage         |      | \$45 | \$35 | \$20 |
| Reflexology (Feet & Legs) |      | \$45 |      | \$25 |

### Negishi MWR Building

|                 |      |      |      |
|-----------------|------|------|------|
| Shiatsu         | \$60 | \$45 | \$25 |
| Swedish Massage |      | \$45 | \$25 |
| Sports Therapy  |      | \$45 | \$25 |

### Massage Services at The New Fitness Center

Appointments can be made by stopping at The New Fitness Center. For inquiries, please stop by or call 243-5398.

### Massage Services in Negishi

Appointments can be made by stopping by the Negishi MWR Office. For inquiries, please call 242-4761 or 242-4120.

### Other Massage Services in Negishi

|                                  |                  |
|----------------------------------|------------------|
| Advanced hand massage            | \$12 per session |
| Advanced scalp massage           | \$12 per session |
| Advanced foot massage            | \$15 per session |
| Exfoliating aromatherapy massage | \$25 per session |
| Advanced facial massage          | \$30 per session |



## CONQUER

## MT. FUJI

Mt. Fuji will be open to the public for hiking from July 01 to August 31.

Thursday, August 03, 10, 17 and 24 from 1700 to 1830 at Green Bay Marina behind McDonald's

**Mandatory Mt. Fuji Safety Brief**

Interested in climbing Mt. Fuji? Outdoor Adventure Programs can help you prepare for your climb. We will be giving pre-trip safety briefs to help you understand what to expect when you climb Japan's highest mountain and what items you need to bring to make your climb a memorable experience. Mt. Fuji is open for public hiking through Thursday, August 31.

**Brief is mandatory to sign up for Mt. Fuji Trip.**

Saturday, August 05, 12, 19 and 26 from 0145 to 2200

**Intermediate Mt. Fuji Day Hike from Kawaguchi-ko-guchi, Yamanashi Prefecture**

What a story to tell back home! Trek, climb, scramble and, in the end, taste the victory of climbing Japan's tallest mountain. Many considered this an absolute must-do while visiting Japan. The hike, which begins at Mt. Fuji's fifth station, challenges even the fittest and most experienced hikers.

**\$50 per person.**

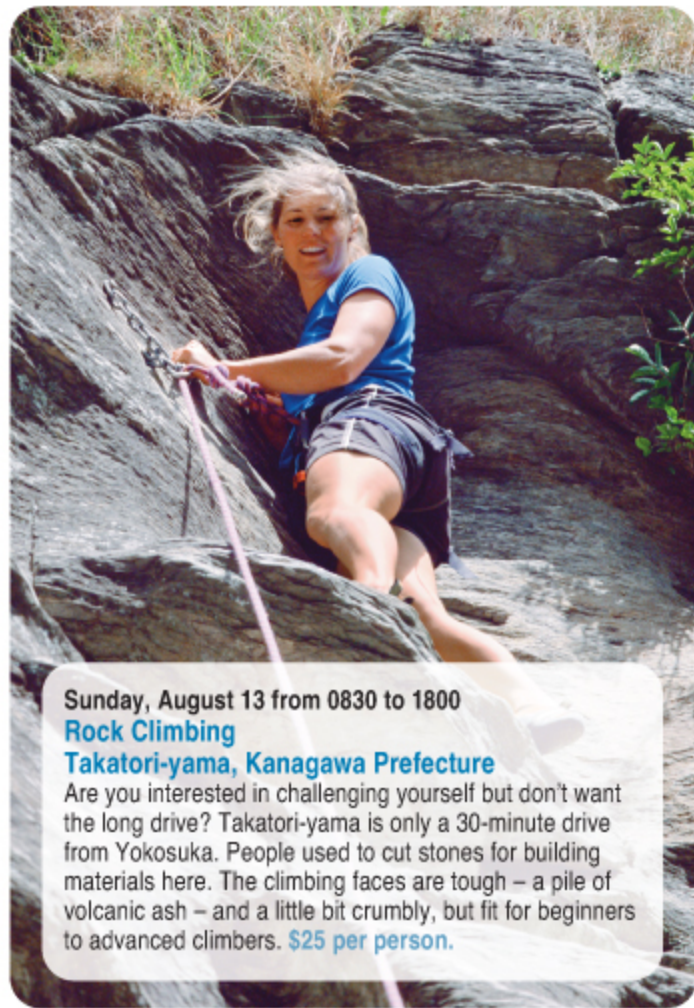
Tuesday and Wednesday, August 22 and 23 from 0445 to 1600

**Intermediate Mt. Fuji Overnight Hike from Kawaguchi-ko-guchi, Yamanashi Prefecture**

Experience the breathtaking view as the sun races across the vista over 12,000 feet below. On our first day, we will hike to the eighth station and stay the night at one of the mountain huts. The second day we will head out for the summit early and catch the sunrise as the rest of Japan lies in darkness. Trip includes lodging and transportation, but no meals.

**\$120 per person.**

## Outdoor Recreation Center



Sunday, August 13 from 0830 to 1800

**Rock Climbing****Takatori-yama, Kanagawa Prefecture**

Are you interested in challenging yourself but don't want the long drive? Takatori-yama is only a 30-minute drive from Yokosuka. People used to cut stones for building materials here. The climbing faces are tough – a pile of volcanic ash – and a little bit crumbly, but fit for beginners to advanced climbers. **\$25 per person.**

Sunday, August 27 from 0445 to 1400

**Deep Sea Fishing Tournament**

Come try your luck at deep sea fishing. Prizes will be awarded for: Biggest Fish, Most Fish Caught and Smallest Fish.

**\$120 includes transportation, gear and bait.**

Tuesday, August 29 from 1700 to 1800 at Outdoor Rec

**Mandatory South Alps 3-day Hike Brief**

ORC staff provides an in-depth brief about expected weather conditions, required equipment / clothing and other safety concerns. Patrons are required to attend briefing prior to signing up for scheduled trip. **Brief is free.**

Saturday thru Monday, September 02 thru 04 from 0245 to 2000

**Advanced 3-day Hike****Shirane Sanzan, Japan South Alps, Yamanashi Prefecture**

Shirane Sanzan consists of three giant peaks – Kitadake, Ainodake and Noutoridake. Kitadake is the second highest peak in Japan at 3,192 meters (10,472 feet) high. You will be impressed how huge the mountains are. Take a deep breath and enjoy the view of Mt. Fuji and its deep mountain ranges.

**\$260 includes transportation, 2-night lodging and 4 meals.**

Saturday and Sunday, September 02 and 03 from 0445 (Day 1) to 2000 (Day 2)

**Intermediate Overnight Kayak at Fuji Five Lakes in Shizuoka Prefecture**

See a different view of Mt Fuji from the water. Fuji has five lakes on its northern side. Kayak on these beautiful lakes by day and camp on the lakeshore by night.

**\$180 includes transportation, kayak rental, lodging and 2 meals.**



## Outdoor Rental Center

### August Special

Rent any camping tent and receive one sleeping bag free the first day.

### Bicycle Maintenance and Repair

Do you need to adjust your brakes or even have a complete overhaul? Have our certified bicycle technician take care of your major or minor bicycle repair problems after a free estimate.

### Bicycle Storage

Are you tired of worrying about your bicycle? Do you hate getting the rust off of your gears and chain? Do you want to ensure that your bicycle stays clean, dry and ready for use? Then store your bicycle at Outdoor Recreation Center for only \$15 a month!

### Resource Information Center

Stop by and check out our Resource Information Center. We rent a wide variety of extreme outdoor videos, DVD's and "how to" books for only \$2 per week.

### Customer Appreciation

Don't forget to fill out our monthly raffle ticket for a chance to win a \$25 MWR Gift Certificate or a MWR coupon good for one free movie admission, medium popcorn and soda.

### Featured Equipment

| Item                 | Daily Rate | Additional Day |
|----------------------|------------|----------------|
| Japanese Grill       | \$5        | \$2.50         |
| 4-ft. Grill          | \$15       | \$7            |
| 6-ft. Grille         | \$25       | \$12.50        |
| 4-Person Tent        | \$5        | \$2.50         |
| 6-Person Tent        | \$6        | \$3            |
| 6-Person Family Tent | \$8        | \$4            |

### Special Events

Half-off first day rental on Sumo Suits during August.

## Entertainment

Friday, August 11 at 1730 in Kosano Park

**Japan Jams Entertainment presents**  
**"A tribute to the Rolling Stones"**



Coming Soon

**MIAMI VICE**

Every Tuesday Night is \$1.00 Movie Night

visit us at [www.cfay.navy.mil/mwr](http://www.cfay.navy.mil/mwr)

## International Programs



## International Youth Summer Program 2006

### Wednesday, August 09 and Thursday, August 10

We are looking for students 13 to 16 years of age to participate in this summer program designed to better understand and experience the differences between Japanese and American culture. Japanese students from Takatori Junior High School will visit Fleet Activities Yokosuka to experience American lifestyle. Parents are welcome to participate in this program. \$20 per student or parent includes meals for 2 days. Sign-up by Wednesday, August 02.

### Wednesday, August 09

- 0845 Meet Takatori Jr. High visitors at Womble Gate
- 0900 Walk to Green Beach Pool
- 0930 Fun swim at Green Beach Pool
- 1130 Walk to Berkey Field Pavilion #8
- 1200 Fun barbecue cookout with Japanese students making curry rice and option for fishing
- 1400 Conclude barbecue cookout
- 1430 Escort visitors back to Womble Gate

### Thursday, August 10

- 1000 Meet Takatori Jr. High visitors at Womble Gate
- 1010 Walk to Bowling Center
- 1030 Bowling Tournament with 3 games each. Prizes for winners. Meal at Mean Gene's Burgers and drinks during tournament
- 1230 Depart Bowling Center to Benny Decker Theater for movie
- 1300 Movie
- TBD Review participating students' impressions of Youth Summer Program and escort visitors to gate.

### Sunday, August 13 from 1430 to 1930 at Green Beach Pool **7th Annual International Friendship Swim Festival 2006**

We need swimmers to participate in a race and enjoy an International barbecue. Come and have a great time with local Japanese swimmers on a delightful summer afternoon. Admission, \$5 per person, includes International meal ticket. Awards will be given to top 3 winners in each category. Sign up by 1600 Thursday, August 03.

### Saturday, August 26 from 0715 to 1800

#### **Earth Day XXXVI (Chiba)**

We need 50 volunteers to help clean up Kujukurihama Beach in Chiba. Bus seats are limited so please sign-up early.

*To sign-up for, or receive details about, any International Programs special event, please visit International Programs section of ITT Office in Bldg #1559 or call 243-4731.*

## Upcoming Events

Monday, September 04 in Sagami Bay

### **Labor Day International Boat Fishing Tournament**

For details call 243-7952.

Saturday, September 09 on base

### **International Salt Water Fishing Tournament**

For details call 243-4731.



## Single Sailor Liberty Program

### Tours

**Saturday, August 05 from 0630 to 2300**

#### Tokyo Disneyland Tour

Enjoy a unique cultural experience by visiting Tokyo Disneyland where you will meet many of the favorite characters that you've come to love, outstanding entertainment, great shopping and many places to eat delicious food.

**\$60 including round-trip transportation and ticket.**

**Saturday, August 12 from 0430 to 1800**

#### Nikko Sightseeing Tour

Here's your chance to experience Japan – by visiting Toshogu Shrine, with its' gorgeous two-story Yomeimon Gate. It is truly one of the few remaining architectural wonders of the world. Other architectural highlights include a five story pagoda, sacred stable and the world famous See-No-Evil, Hear-No-Evil, Speak-No-Evil triad monkeys! Don't say kekko – enough – until you see Nikko!

**\$43 per person includes admission fees and transportation.**

**Saturday, August 19 from 0800 to 1600**

#### Tokyo Summerland Tour

Tokyo Summerland is a water amusement park where you can enjoy a unique man-made wave pool and intermittent tropical rain falls all year long inside of a very large dome-structure. For an additional ¥2,500 fee, you can enjoy amusement rides, too.

**\$37 per person includes Summerland pool admission fee and transportation. Ride tickets not included.**

**Sunday, August 20 from 0800 to 1700**

#### Wonder Festival in Tokyo Big Site

Another cartoon festival! This is the world's largest exhibition festival of plastic Japanese cartoon character models. These models are made completely from scratch by professional modelers. Also, check out the cartoon lovers in character costumes... or put on your own costumes to participate in the tour!

**\$30 per person includes admission fee and transportation.**

**Saturday, August 26 from 1100 to 2400**

#### Fuji Yoshida Fire Festival Tour

This Sengen Shrine Fire Festival is considered one of the most unique and thrilling festivals in Japan. Marking the end of the Mt. Fuji climbing season, dozens of bonfires – more than 65 last year – are lit along the city's main street.

**\$15 per person includes transportation only.**

*Single Sailors and Geographical Bachelors only on first come/first serve basis. No phone call reservations accepted. Tour tickets are non-transferable. If 10-person minimum is not reached by cut-off date, tour will be cancelled. All times approximate due to traffic.*

### Outdoor Recreation Program Events

**Monday, August 07 from 1645 to 1745 at Green Bay Marina**

#### Power Boat Lessons

Sign-up at Green Bay Marina.

**Saturday, August 19 at 1300 at Ikego Campground**

#### Outdoor Paintball Battle

Package "A" free for first 20 people signing up. Transportation provided. Sign-up at Spectrum Center.

**Monday, August 21 from 1645 to 1745 at Green Bay Marina**

#### Sailing Lessons

Sign-up at Green Bay Marina.

**Saturday, August 26 at 1300**

#### Outdoor Ikego Tournaments

Play volleyball, horseshoes, archery, paintball and shooting games while competing for 1st- place prizes! Sign-up at Spectrum Center. Transportation provided to and from Spectrum Center.

### Spectrum Center Events

**Wednesday, August 02 at 1800**

#### 8-Ball Pool Tournament

Sign up at Spectrum Center. Prize to 1st place!

**Tuesday, August 08 at 1830**

#### Sumo Challenge

Sign up at Spectrum Center. Prize to 1st place!

**Thursday, August 10 at 1600**

#### X-Box 360 Madden 06 Tournament

Sign up at Spectrum Center. Prize to 1st place!

**Friday, August 11 at 2100 in MWR Bowling Center**

#### Glow-Bowl Tournament

Bowl three games for free. Top three scorers of game three win prizes. Sign up at Spectrum Center.

**Wednesday, August 16 at 1730**

#### World of Warcraft LAN Party

Come to Spectrum Wi-Fi Hot Spot area to compete against people from all over the world during this event. Patrons wanting to compete must already have an active account with the game. Free refreshments provided for participants. Register in advance as only 20 patrons can participate.

**Saturday, August 19 from 1300 to 1700**

#### Pool Party at Green Beach Pool

Celebrate the end of summer with a buffet, music and giveaways. Single sailors receive free admission.

**Thursday, August 24 at 1800 in Picnic Area 1393**

#### Barracks Bash

Enjoy music, giveaways, 60 free pizzas, free refreshments and more!

**Tuesday, August 29 at 1800 in Spectrum Center**

#### PS2 Madden 06 Tournament

Sign up at Spectrum Center. Prizes awarded to 1st-place!

**Wednesday, August 30 at 1900 in Spectrum Center**

#### Karaoke Night

Share your talent. Prize awarded to best performer.

## SINGLE SAILOR INFORMATION CORNER

**Tuesday, August 15 & 22 from 1100 to 1400**

#### Single Sailor Liberty Outreach Program

We will have a table chock full of information and giveaways set up by the Navy Federal entrance. There will also be staff members on hand to answer your questions.

**Friday, August 18 from 1500 to 1800**

#### Single Sailor Liberty Expo

Come and see what MWR has to offer. Activity set-ups will be located outside of New Fitness Center front entrance. There will be lots of information, prizes, free giveaways and much more!

**Thursday and Friday, August 24 & 25 from 1100 to 1300 at Spectrum Center**

#### Commissary Information Station

Stop by the Commissary Information Station for information and promos, along with a commissary representative to answer questions.

**Thursday, August 31 at 0900**

#### Liberty Advisory Board Meeting at Spectrum Center

We welcome all MWR Command Representatives to provide us with input and suggestions to enhance the Single Sailor Liberty Program.



## Liberty Loft

Liberty Loft Center is located on the 2nd floor of Club Alliance. Liberty Loft includes a cinema viewing area, 10 high-speed internet computers and 3 big screen TV's for PS2, X-Box 360 and X-Box gaming usage. Also check out our two X-Boxes with LCD screens and free electronic dart machine. Next time you stop at Club Alliance, come on through.

## Movie Nights

Wednesday thru Saturday, August 02 thru 05 at 1800  
**Comedy Movie Nights**

Wednesday thru Saturday, August 09 thru 12 at 1800  
**Action Movie Nights**

Wednesday thru Saturday, August 16 thru 19 at 1800  
**Romance Movie Night**

Wednesday thru Saturday, August 23 thru 26 at 1800  
**Drama Movie Night**

## Tournaments

Wednesday, August 02 at 1900  
**X-Box 360 Final Round 3 Tournament\***

Friday, August 04 at 1830  
**Spades 2-on-2 Tournament\***

Wednesday, August 09 at 1830  
**301 Dart Tournament\***

Wednesday, August 16 at 1900  
**X-Box 360 Madden 06 Tournament\***

Wednesday, August 23 at 1900  
**Final Round 3 PS2 Tournament\***

\*Sign up at Liberty Loft. Prize awarded to 1st-place!

## Single Sailor Discount at Green Bay Marina

Single Sailors receive 25% off all boat / equipment rentals and sailing / powerboat lessons at Green Bay Marina by showing a Spectrum Membership Card. Get your card at Single Sailor Spectrum Center.

## MWR Single Sailor Volunteer Program

If you want to enhance your military record, help out base programs and feel good about doing something proactive, become a volunteer. Volunteers receive Letters of Appreciation. Volunteer work includes helping out with MWR events and programs. Call Spectrum Center Manager at 243-7346, or stop by to see him in person, for details.

## Ikego West Valley Campground

Saturday, August 26

### Guided Hike and Pig Roast

Cost for this event is only \$10. For reservations call 080-3473-2710.

Campsites require reservations that can be made 1 thru 90 days in advance at campground office, by calling 080-3473-2710 / 246-7956 or e-mailing ketron.ronald@cfay.navy.mil. When making reservations, you must pay for site within 3 days or reservation will be canceled. Each campsite holds a maximum of 20 people.

## Paintball

Saturday and Sunday from 0900 to 1600

### Open Play

Reservations available every week days. Please contact Heather at 243-5732 or Ron at 246-7956.

## Green Bay Marina

### Monthly Special

10% discount on surfboard rentals

## Classes

Friday thru Sunday, August 11 thru 13

### Basic Keelboat Sailing Class

Prerequisite: None

Class meets Friday evening from 1800 to 2100 and Saturday and Sunday from 0900 to 1600. Class introduces the sailing enthusiast to advanced sailing techniques and basic cruising considerations. **\$85**

Monday thru Sunday, August 14 thru 20 at Green Bay Marina  
**SCUBA Open Water Diver (Beginner) (PADI)**

Prerequisite: None

Class meets weekdays from 1800 to 2200 and all day Saturday and Sunday. Call 243-4155 for details. **\$340**

Monday thru Sunday, August 21 thru 27 at Green Bay Marina  
**SCUBA Open Water Diver (Beginner) (PADI)**

Prerequisite: None

Class meets weekdays from 1800 to 2200 and all day Saturday and Sunday. Call 243-4155 for details. **\$340**

Friday thru Sunday, August 25 thru 27

### Basic Small Boat Sailing Class

Prerequisite: None

Class meets Friday evening from 1800 to 2100 and Saturday and Sunday from 0900 to 1600. Class introduces small boat sailing to the complete novice. Be prepared to get wet. **\$85**

First and Third Saturdays of Each Month  
**Powerboat Class**

Prerequisite: None

Classes meet from 0930 to 1130. Class is required if you want to rent our motorboats. Topics include basic rules of the road, boating safety, motorboat driving skills and local area orientation. **\$25**

Upon Request & Immediately Following Powerboat Class  
**Recreational Towing Class**

Prerequisite: Powerboat License

This class is required to rent our towing equipment including inner tube, wakeboard, kneeboard or aqua-glide. A hands-on driving / towing class follows a review of standard operating procedure. **\$10**

### Class Registration

First-come / first serve for all classes.

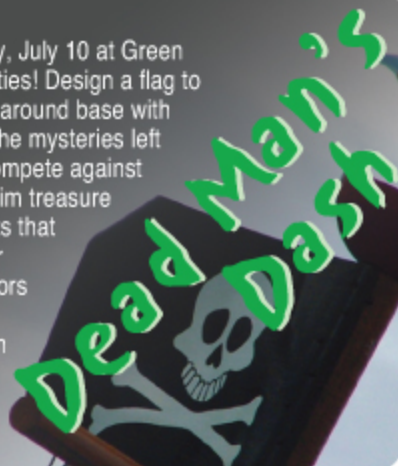
*We can provide boating classes for groups by arrangement. Contact Green Bay Marina Manager at 243-4155 for details.*

## Event

Sunday, August 20

Registration begins Monday, July 10 at Green Bay Marina. Ahoy me Hearties! Design a flag to carry with you as you dash around base with your best mates decoding the mysteries left behind by pirates of old. Compete against other teams in a race to claim treasure and all of the bragging rights that go along with it. Signal your success by raising your colors aboard our pirate ship. Following Dead Man's Dash we will have a Buccaneers' Barbecue to celebrate.

**\$25 per team**





**NOTICE:** ITT will no longer accept telephone reservations on the first day of tour sign-up. Customers must be present, in order to book a tour on that date. No exceptions will be made. For details call 243-5613/7257.

## August ITT Tours

– Sign-up starts on July 03

### Wednesday, August 02

Tokyo Summerland Amusement Park \$48A/\$37J/\$31C

### Saturday, August 05

Fuji Area Spring/Summer Sightseeing \$32A/\$24C  
Noritake Square, China Pete's and Camp Zama Shopping  
\$18A/\$14C

### Sunday, August 06

"Kotto Jamboree 2006" Antique Fair at Tokyo Big Sight and  
Odaiba Entertainment and Shopping District \$23A/\$14C  
Hakone Sightseeing with Open-Air Museum \$52A/\$45J/\$33C

### Wednesday, August 09

Tokyo Disneyland Amusement Park \$56A/\$49J/\$37C

### Thursday, August 10

Dinosaur Expo 2006 and Kasai Rinkai Aquarium \$45A/\$40J/\$23C

### Saturday, August 12

Night Zoorasia in Yokohama \$18A/\$12J/\$9C  
New Sanno Hotel "Hawaiian Luau" and Shinagawa Aquarium  
\$54A/\$33C

### Wednesday, August 16

Fujiykyu Highland Amusement Park \$58A/\$52J/\$41C

### Thursday, August 17

Costco Kanazawa Seaside Shopping \$8A/\$5C

### Friday, August 18

Disney on Ice "Finding Nemo" Transportation Service \$10A/\$5C

### Saturday, August 19

Nikko Sightseeing \$54A/\$42J/\$35C  
Edwards Scissorhands Musical Transportation Service \$24A/\$18C

### Sunday, August 20

Fukushima Spa "Hawaiians" with Lunch Buffet \$53A/\$46J/\$39C  
Edwards Scissorhands Musical Transportation Service \$24A/\$18C

### Saturday thru Monday, August 19 thru 21

Sado Island Sightseeing and Kodo's "The Earth Celebration 2006"  
Taiko Drum Concert Overnight  
SGL \$436A TWN & TRL \$408A/\$386J/\$265C

### Friday, August 25

Mt. Fuji Hike up to 6th Station \$20A/\$15C

### Saturday, August 26

Asakusa Samba Festival 2006 and Sumida River Boat Ride  
\$33A/\$22C

### Sunday, August 27

Nishizawa Ravine Intermediate Hiking, Grape Picking  
at Ikkyuen Farm and Shirayuri Winery \$49A/\$42C  
Tokyo DisneySEA Amusement Park \$56A/\$49J/\$37C

**Prices subject to change without notice.**  
**For tour details call 243-5613 or 243-7257.**

### Saturday, August 26

#### Fuji Yoshida Fire Festival \$24A/\$18C

The festival refers to the two days of activity that surround the ending of the Japanese Summer. The first day, August 26th, marks the end of Mt. Fuji's official climbing season. August 27th is the day of the "Susuki Festival", which uses the "susuki" grass to symbolize the beginning of autumn. On the first day, see about 70 bonfires of firewood over 3 meters tall that are set on fire along a 2 kilometer stretch of the city's main street, which becomes a sea of fire. It is an awesome sight to behold. The event is very famous and if you look like a 'gaijin' you will probably end up on the local television channel – just don't whip out your marshmallows.

## September ITT Tours

– Sign-up starts on August 01

### Friday thru Monday, September 01 to 04

Hiroshima, Kurashiki and Himeji Castle Overnight  
SGL \$252A TWN & TRL \$238A/\$211J/\$198C

### Saturday, September 02

Joren Waterfall and Nanadaru Open-Air Hot Spring  
with Seven Waterfalls Tour \$44A/\$30C

### Sunday, September 03

Hakone Sightseeing with Open-Air Museum \$52A/\$45J/\$33C

### Monday, September 04

Tokyo Disneyland Amusement Park \$60A/\$50J/\$41C  
Yunessun Hot Spring with Lunch Buffet \$47A/\$32C

### Saturday, September 09

Seto Pottery Special Sales Shopping \$35A/\$26C  
Sanrio Puroland Amusement Park \$51A/\$46J/\$38C

### Sunday, September 10

Fukushima Spa Resort "Hawaiians" with Lunch Buffet  
\$53A/\$46J/\$39C  
Fuji Area Spring/Summer Sightseeing \$32A/\$24C

### Saturday, September 16

National Sport of Japan "Sumo" Tournament \$52A/\$45C

### Sunday, September 17

New Sanno Hotel Sunday Brunch and  
Hama Rikyu Japanese Garden \$36A/\$20C

### Thursday, September 21

Costco Kanazawa Seaside Shopping \$8A/\$5C

### Saturday, September 23

Tokyo Sightseeing \$31A/\$25J/\$19C  
Heiwajima Antique Fair Shopping \$12A/\$9C

### Sunday, September 24

Gotenba Premium Outlet Shopping Mall \$18A/\$13C  
Sankelen Japanese Garden and  
Yokohama Royal Wing Dinner Cruise \$87A/\$45C

### Saturday, September 30

Tokyo DisneySEA Amusement Park \$60A/\$50J/\$41C  
Nikko Sightseeing \$54A/\$42J/\$35C





## Yokosuka Facilities

|  |   |
|--|---|
| <b>Adult Sports Office</b>               | <b>241-2955</b>                         |
| Monday - Friday                          | 0800 to 1700                            |
| <b>Auto Hobby Shop</b>                   | <b>243-5456</b>                         |
| Tuesday - Friday                         | 1100 to 2000                            |
| Saturday & Sunday                        | 0900 to 1700                            |
| <b>Aquatics (Hotline)</b>                | <b>243-5229</b>                         |
| <b>Natatorium</b>                        | <b>243-5620</b>                         |
| <b>BOQ Pool</b>                          | <b>243-6830</b>                         |
| <b>Green Beach Pool</b>                  | <b>243-6410</b>                         |
| <b>Officers' Club Pool</b>               | <b>243-5941</b>                         |
| <b>Seaside Pool</b>                      | <b>243-5620</b>                         |
| <b>Bowling Center</b>                    | <b>243-4200/5158</b>                    |
| Sunday - Thursday                        | 1030 to 2300                            |
| Friday & Saturday                        | 1030 to 0100                            |
| <b>Child Development Centers</b>         |   |
| <b>CD Homes</b>                          | <b>243-5478</b>                         |
| Monday - Friday                          | 0700 to 1700                            |
| <b>Main CDC</b>                          | <b>243-3219</b>                         |
| Monday - Friday                          | 0615 to 1800                            |
| <b>Hourly CDC</b>                        | <b>241-4101</b>                         |
| Monday - Friday                          | 0700 to 1700                            |
| <b>Community Center</b>                  | <b>241-4111</b>                         |
| Monday - Friday                          | 0800 to 2000                            |
| Saturday                                 | 0900 to 1600                            |
| <b>Entertainment Office</b>              | <b>243-5215</b>                         |
| Monday - Friday                          | 0730 to 1630                            |
| <b>Fleet Gym</b>                         |   |
| Monday - Sunday                          | 24 hours                                |
| <b>Fleet Gym Office</b>                  | <b>243-5304</b>                         |
| Monday - Friday                          | 0700 to 1600                            |
| <b>Green Bay Marina</b>                  | <b>243-4155</b>                         |
| Wednesday - Sunday                       | 0900 to 1800                            |
| <b>Hobby Mart</b>                        | <b>243-5040</b>                         |
| Monday - Friday                          | 1000 to 1800                            |
| Saturday                                 | 0900 to 1600                            |
| <b>International Programs Office</b>     | <b>(046)823-3555</b><br><b>243-4731</b> |
| Monday - Friday                          | 0900 to 1800                            |
| <b>ITT</b>                               | <b>243-5613/7257</b>                    |
| Monday - Friday                          | 0900 to 1800                            |
| Saturday                                 | 0900 to 1300                            |
| <b>Library</b>                           | <b>243-5574</b>                         |
| Monday - Sunday                          | 1030 to 1930                            |
| <b>Benny Decker &amp; Fleet Theaters</b> |   |
| <b>Movie Hotline</b>                     | <b>243-6703</b>                         |
| <b>Outdoor Rec Center</b>                | <b>243-5732</b>                         |
| Thursday - Tuesday                       | 1000 to 1800                            |
| Holiday                                  | 1000 to 1400                            |
| <b>School Age Care</b>                   | <b>243-5492/3439</b>                    |
| Monday - Friday                          | 0600 to 1800                            |
| <b>Single Sailor Program Tours</b>       | <b>243-7346</b>                         |
| Monday - Friday                          | 1000 to 1800                            |
| <b>Spectrum Lounge</b>                   | <b>243-7346</b>                         |
| Sunday - Thursday                        | 1000 to 2400                            |
| Friday & Saturday                        | 1000 to 0100                            |
| <b>Liberty Loft</b>                      | <b>243-7346</b>                         |
| Wednesday - Saturday                     | 1800 to 2400                            |
| <b>Teen Center</b>                       | <b>243-5542</b>                         |
| Monday - Thursday                        | 1200 to 2000                            |
| Friday                                   | 1200 to 2200                            |
| Saturday                                 | 1200 to 2200                            |
| Holiday                                  | 1200 to 1800                            |

|                              |                 |
|------------------------------|-----------------|
| <b>Veterinary Clinic</b>     | <b>243-6820</b> |
| Monday - Friday              | 0800 to 1600    |
| Tuesday & Thursday (surgery) | 0730 to 1600    |
| <b>New Fitness Center</b>    | <b>243-5398</b> |
| Monday - Sunday              | 0530 to 2200    |
| <b>Youth Sports Office</b>   | <b>241-2952</b> |
| Monday to Friday             | 1000 to 1730    |
| <b>Wellness Center</b>       | <b>241-4484</b> |
| Monday - Friday              | 0800 to 1630    |
| <b>Wood Hobby Shop</b>       | <b>243-9064</b> |
| Wednesday - Friday           | 1200 to 2100    |
| Saturday & Sunday            | 1000 to 1730    |
| <b>T-Shirt/ Plaque Shop</b>  | <b>243-9064</b> |
| Monday - Friday              | 0730 to 1630    |

## Clubs &amp; Dining

|   |                 |
|---|-----------------|
| <b>Club Alliance</b>                      | <b>243-5951</b> |
| <b>Sharky's Beverage Company</b>          |                 |
| Sunday - Thursday                         | 1500 to 0030    |
| Friday, Saturday & Day before Holiday     | 1500 to 0230    |
| <b>Sharky's BBQ</b>                       |                 |
| Monday - Sunday                           | 1600 to 2200    |
| <b>Second Floor Cashier Cage</b>          |                 |
| Sunday - Thursday                         | 1100 to 2400    |
| Friday, Saturday & Day before Holiday     | 1100 to 0130    |
| <b>Italian Gardens</b>                    |                 |
| Lunch                                     |                 |
| Monday - Saturday                         | 1100 to 1400    |
| Dinner                                    |                 |
| Monday - Sunday                           | 1700 to 2100    |
| <b>C-Street Grille</b>                    |                 |
| Sunday - Wednesday                        | 1100 to 2400    |
| Thursday, Friday and Saturday             | 1100 to 0100    |
| <b>Upper Deck Sports Bar</b>              |                 |
| Sunday - Thursday                         | 1100 to 0030    |
| Friday, Saturday & Day before Holiday     | 1100 to 0230    |
| <b>CPO Club</b>                           | <b>243-5506</b> |
| <b>Dining Room</b>                        |                 |
| Monday - Friday                           |                 |
| Lunch                                     | 1100 to 1330    |
| Dinner                                    | 1700 to 2100    |
| Saturday                                  |                 |
| Lunch                                     | 1000 to 1330    |
| Saturday, Sunday & Holiday                |                 |
| Dinner                                    | 1700 to 2100    |
| <b>Cruise Inn</b>                         |                 |
| Sunday - Friday                           | 0600 to 1400    |
| <b>Cove Bar</b>                           |                 |
| Monday - Thursday                         | 1100 to 2400    |
| Friday                                    | 1100 to 0100    |
| Saturday                                  | 1000 to 0100    |
| Sunday                                    | 1000 to 2400    |
| <b>MWR Food Court</b>                     | <b>243-3245</b> |
| <b>Mean Gene's Burgers</b>                |                 |
| Breakfast                                 | 0600 to 1000    |
| Regular Menu                              | 1000 to 2200    |
| <b>Smash Hit Subs</b>                     |                 |
| Monday - Sunday                           | 1000 to 0530    |
| <b>Hot Stuff Pizza &amp; Cinnamon St.</b> |                 |
| Monday - Friday                           | 1100 to 2100    |

|                               |                      |
|-------------------------------|----------------------|
| <b>Officers' Club</b>         | <b>243-5030</b>      |
| <b>Kosano Dining Room</b>     |                      |
| Sunday Brunch                 | 0900 to 1330         |
| Lunch                         |                      |
| Monday - Friday               | 1100 to 1330         |
| Dinner                        |                      |
| Monday - Saturday             | 1700 to 2100         |
| Sunday & Holiday              | 1700 to 2000         |
| <b>Warehouse Dining Room</b>  |                      |
| Lunch                         |                      |
| Monday - Saturday             | 1100 to 1330         |
| Dinner                        |                      |
| Friday & Saturday             | 1700 to 2100         |
| <b>Kurofune Lounge</b>        |                      |
| Monday - Thursday             | 1500 to 2300         |
| Friday & Saturday             | 1300 to 0100         |
| Sunday & Holiday              | 1300 to 2300         |
| <b>Deli and Bakery</b>        |                      |
| Monday - Thursday             | 0900 to 1900         |
| Friday                        | 0900 to 2100         |
| Saturday                      | 1000 to 2100         |
| Sunday                        | 1000 to 2000         |
| Holiday                       | 1000 to 1900         |
| <b>Game Room</b>              |                      |
| Monday - Friday               | 0830 to 2300         |
| Saturday, Sunday & Holiday    | 0900 to 2300         |
| <b>Cashier (Main Side)</b>    |                      |
| Monday - Friday               | 0830 to 2300         |
| Saturday, Sunday & Holiday    | 0900 to 2300         |
| <b>Catering Services</b>      |                      |
| Monday - Friday               | 0800 to 1800         |
| <b>Seaside</b>                |                      |
| <b>All Hands' Club</b>        | <b>243-3379/5625</b> |
| <b>Dining Room</b>            |                      |
| Monday - Saturday             |                      |
| Breakfast                     | 0600 to 1000         |
| Lunch                         | 1100 to 1500         |
| Dinner                        | 1700 to 2100         |
| Sunday                        |                      |
| Breakfast                     | 0600 to 0830         |
| Brunch                        | 0930 to 1400         |
| Dinner                        | 1700 to 2100         |
| <b>Barnacle Bill's Lounge</b> |                      |
| Sunday - Thursday             | 1100 to 2300         |
| Friday & Saturday             | 1100 to 2400         |
| <b>Deli</b>                   |                      |
| Monday - Thursday             | 0900 to 1900         |
| Friday                        | 0900 to 2100         |
| Saturday                      | 1000 to 2100         |
| Sunday                        | 1000 to 2000         |
| Holiday                       | 1000 to 1900         |
| <b>Starbucks</b>              | <b>0468-20-2791</b>  |
| Monday - Friday               | 0630 to 2100         |
| Saturday & Sunday             | 0730 to 2100         |

## Ikego Facilities

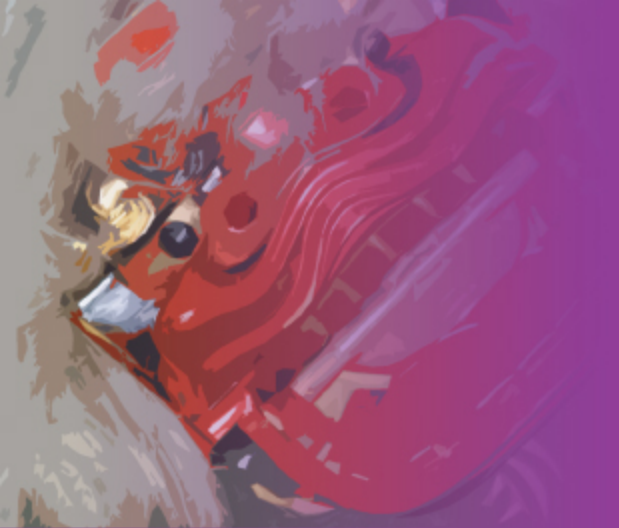
|  |                 |
|--|-----------------|
| <b>Club Takemiya</b>                     | <b>246-8077</b> |
| <b>Dining Room</b>                       |                 |
| Monday - Saturday                        | 1100 to 1330    |
|  | 1700 to 2100    |
| Sunday                                   | 1000 to 1330    |
|  | 1700 to 2100    |
| Lounge                                   |                 |
| Monday - Thursday                        | 1600 to 2300    |
| Friday & Saturday                        | 1600 to 0200    |
| Sunday                                   | 1600 to 2200    |
| Day before Holiday                       | 1600 to 0100    |
| <b>Delivery Service to Ikego Housing</b> |                 |
| Monday - Saturday                        | 1700 to 2030    |
| <b>Ikego CDC</b>                         | <b>246-8060</b> |
| Monday - Friday                          | 0600 to 1800    |
| <b>Ikego MWR Office</b>                  | <b>246-8071</b> |
| Monday - Friday                          | 1000 to 1830    |

|  |                 |
|--|-----------------|
| <b>Ikego Sports</b>                          | <b>246-8017</b> |
| Monday - Friday                              | 1000 to 1830    |
| <b>Ikego Pool</b>                            | <b>243-5229</b> |
| <b>School Age Care</b>                       | <b>246-8301</b> |
| Monday - Friday                              | 0600 to 1800    |
| <b>Ikego Teen Center</b>                     | <b>246-5929</b> |
| <b>School Annex</b>                          |                 |
| Tuesday - Thursday                           | 1200 to 1700    |
| Friday - Saturday                            | 1400 to 1700    |
| <b>Teen Center</b>                           |                 |
| Tuesday - Thursday                           | 1800 to 2000    |
| Friday - Saturday                            | 1800 to 2200    |
| <b>Holiday Hours</b>                         | 1200 to 1800    |
| <b>Ikego West Valley Campground (Office)</b> | <b>246-7956</b> |
| Thursday - Sunday                            | 0800 to 1700    |

## Negishi Facilities

|                            |                 |
|----------------------------|-----------------|
| <b>Negishi MWR Office</b>  | <b>242-4120</b> |
| Monday - Saturday          | 0900 to 1800    |
| <b>Bowling Center</b>      | <b>242-4123</b> |
| Tuesday - Thursday         | 1500 to 2100    |
| Friday                     | 1500 to 2200    |
| Saturday                   | 1200 to 2200    |
| Sunday & Holiday           | 1200 to 2000    |
| <b>Negishi CDC</b>         | <b>242-4316</b> |
| Monday - Friday            | 0600 to 1800    |
| <b>Negishi</b>             |                 |
| <b>All Hands' Club</b>     | <b>242-4151</b> |
| Monday - Thursday          | 1100 to 2300    |
| Friday                     | 1100 to 0200    |
| Saturday                   | 0900 to 0200    |
| Sunday & Holiday           | 0900 to 2200    |
| <b>Dining Room</b>         |                 |
| Monday - Thursday          |                 |
| Lunch                      | 1100 to 1400    |
| Dinner                     | 1700 to 2000    |
| Friday                     |                 |
| Lunch                      | 1100 to 1400    |
| Dinner                     | 1700 to 2100    |
| Saturday                   |                 |
| Breakfast                  | 0900 to 1100    |
| Lunch                      | 1100 to 1600    |
| Dinner                     | 1700 to 2100    |
| Sunday                     |                 |
| Breakfast                  | 0900 to 1100    |
| Brunch                     | 0900 to 1400    |
| Lunch                      | 1100 to 1600    |
| Dinner                     | 1700 to 2000    |
| <b>Lounge</b>              |                 |
| Monday - Thursday          | 1100 to 2230    |
| Friday & Saturday          | 1100 to 0130    |
| Sunday & Holiday           | 1100 to 2130    |
| <b>Fitness Center</b>      | <b>242-4124</b> |
| Monday - Sunday            | 24-hours a day  |
| <b>Negishi Library</b>     | <b>242-4125</b> |
| Monday - Saturday          | 0900 to 1800    |
| <b>Negishi Pool</b>        | <b>242-4844</b> |
| <b>School Age Care</b>     | <b>242-4131</b> |
| Monday - Friday            | 0600 to 1800    |
| <b>Negishi Teen Center</b> | <b>242-4121</b> |
| <b>Tuesday - Thursday</b>  |                 |
| Pre-Teens                  | 1200 to 1700    |
| Teens                      | 1200 to 1900    |
| <b>Fridays</b>             |                 |
| Pre-Teens                  | 1200 to 1700    |
| Teens                      | 1200 to 2000    |
| <b>Saturdays Open Rec</b>  |                 |
| Pre-Teens                  | 1200 to 1700    |
| Teens                      | 1200 to 2000    |
| <b>Holiday Hours</b>       | 1200 to 1800    |





# Negishi BON

**Saturday, August 26  
from 1500 to 2100  
in Community Support  
Complex Parking Lot**

**Rain Date:  
Sunday, August 27  
Same Time / Same Place**

This is a unique event that's designed for the entire family to celebrate and strengthen our bond of friendship with our Japanese neighbors.

Vendor booths, games, live entertainment and the traditional "Bon" dance are just some of the highlights.

For details call Negishi MWR Program Office at 242-4120.

2006年8月26日 (土曜日)  
午後3時～午後9時まで  
雨天: 8月27日 (日曜日) 同時刻開催  
場所: 根岸米軍住宅内 コミュニティセンター駐  
車場各種ゲーム、各種飲食物、ライブバンド、その他  
楽しい催し物 サイズの大きい袍等は中身を点検さ  
せていただく場合がありますがご了承下さい。

交通手段: JR根岸線根岸駅もしくは山手駅より徒  
歩15分または、横浜駅ほか、市営バス103系統に乗  
車し根岸台停留所にて下車、徒歩1分です。  
駐車場はございませんので、お車でのご来場はご遠  
慮下さい。

お問い合わせ: 045-281-4120 根岸米軍住宅  
(福利厚生課) 担当: 石崎 裕子



**Open Base**

# ODORI Festival

